FROM THE WELL BEING OF WATER: SURRENDER TO SELF

The Water Year

Journal

A year of hope, in thirteen waters

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HOW TO USE THIS JOURNAL

Thirteen times of twenty-eight days

Each time is named for what the water is doing, and each holds one passage of *Surrender to Self*. The year begins at the spring equinox. Bring your own faith, or none.

Begin wherever you are. Find the time you are in, read its teaching, and let the four weeks carry you:

Arrive	**Listen**	**Practice**	**Reflect**
The Water Teaches	Amal Lana's words	A water practice	A question for you

1	**The Time of Thaw** *a time to open*	Mar 20 – Apr 16	Passage One
2	**The Time of Rising Water** *a time to survive, and to thirst*	Apr 17 – May 14	Passage Two
3	**The Time of the Waterfall** *a time to leap*	May 15 – Jun 11	Passage Seven
4	**The Time of Living Water** *a time to flow*	Jun 12 – Jul 9	Passage Five
5	**The Time of the Well** *a time to receive*	Jul 10 – Aug 6	Passage Nine
6	**The Time of Rain** *a time to become*	Aug 7 – Sep 3	Passage Eight
7	**The Time of Gathering** *a time to build*	Sep 4 – Oct 1	Passage Eleven
8	**The Time of Release** *a time to let go*	Oct 2 – Oct 29	Passage Three
9	**The Time of Remembering** *a time to stay*	Oct 30 – Nov 26	Passage Twelve
10	**The Time of Washing** *a time to return to what is sacred*	Nov 27 – Dec 24	Passage Four
11	**The Time of Floating** *a time to rest*	Dec 25 – Jan 21	Passage Ten
12	**The Time of the Warm Spring** *a time to be held*	Jan 22 – Feb 18	Passage Six
13	**The Time of the Turning Tide** *a time to surrender*	Feb 19 – Mar 18	Passage Thirteen
·	**Still Water** *a day when nothing is asked*	Mar 19	

The Water Year is a companion to the book. Its names and invitations were made for it; every teaching, line and question is quoted from the book, with its page number. Dates are the same every year. In a leap year, the Turning Tide ends a day earlier and Still Water lasts two days. The times are named for the seasons of the American Southwest, where Amal Lana lives. You can also add the Water Year to your phone's calendar at thewellbeingofwater.com/water-year.

THE 1ST WATER · SPRING · MAR 20 – APR 16

The Time of

Thaw

A time to open.

The spring equinox

ARRIVE · WATER TEACHES

Fear is not the opposite of healing ~ it is often the doorway to it. The water has been waiting patiently on the other side of every fear you have ever carried.

Passage One, *The Fear That Opened the Way*, p. 34

LISTEN · IN AMAL LANA'S WORDS

"Before I ever loved water, I feared it."

Passage One, p. 24

PRACTICE · INSPIRED BY THIS PASSAGE

Let go of the wall

In a bath, a shallow pool or a warm spring, rest one hand on the edge and breathe. When you feel ready, lift your hand and let the water hold you for three slow breaths. Notice what was holding you all along.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Mar 20 – Mar 26
Listen	Amal Lana's words	Mar 27 – Apr 2
Practice	A water practice	Apr 3 – Apr 9
Reflect	A question for you	Apr 10 – Apr 16

REFLECT

What fear have you been holding so tightly that your hands have forgotten what it feels like to open?

Passage One, p. 35

REFLECT

What might the water be waiting to show you on the other side of it?

Passage One, p. 35

THE 2ND WATER · SPRING · APR 17 – MAY 14

The Time of

Rising Water

A time to survive, and to thirst.

Snowmelt

ARRIVE · WATER TEACHES

Surviving is not the same as living ~ and the thirst that rises from our darkest moments is the compass that leads us home.

Passage Two, *Pulled by the Current*, p. 49

LISTEN · IN AMAL LANA'S WORDS

"The river didn't just try to drown me. It showed me what I was thirsting for."

Passage Two, p. 36

PRACTICE · A SUGGESTION

This passage has no practice of its own. Choose one of the eight small practices at the back of this journal, or simply spend ten quiet minutes with water this week.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Apr 17 – Apr 23
Listen	Amal Lana's words	Apr 24 – Apr 30
Practice	A water practice	May 1 – May 7
Reflect	A question for you	May 8 – May 14

REFLECT

What has tried to pull you under that actually left you with a deeper thirst?

Passage Two, p. 49

REFLECT

What is that thirst ~ even now ~ pointing you toward?

Passage Two, p. 49

THE 3RD WATER · SPRING · MAY 15 – JUN 11

The Time of the

Waterfall

A time to leap.

The rivers run full

ARRIVE · WATER TEACHES

Courage is not the absence of fear ~ it is the moment your soul refuses to let you stay frozen one moment longer. And sometimes the bravest thing you will ever do is climb back up and jump again.

Passage Seven, *Diving In*, p. 133

LISTEN · IN AMAL LANA'S WORDS

"There comes a moment when the ledge is no longer safe, and the only way forward is to fall into your own becoming."

Passage Seven, p. 121

PRACTICE · A SUGGESTION

This passage has no practice of its own. Choose one of the eight small practices at the back of this journal, or simply spend ten quiet minutes with water this week.

YOUR FOUR WEEKS

Arrive	The Water Teaches	May 15 – May 21
Listen	Amal Lana's words	May 22 – May 28
Practice	A water practice	May 29 – Jun 4
Reflect	A question for you	Jun 5 – Jun 11

REFLECT

What leap have you been standing at the edge of?

Passage Seven, p. 133

REFLECT

What would change in your life if you stopped waiting to be ready ~ and jumped not once, but three times?

Passage Seven, p. 133

THE 4TH WATER · SUMMER · JUN 12 – JUL 9

The Time of

Living Water

A time to flow.

The summer solstice

ARRIVE · WATER TEACHES

Anything kept too still, too controlled, too sterilized eventually loses its charge. Real life ~ like real water ~ must flow. And the moment you choose the living water over the managed one ~ everything changes.

Passage Five, *Conversations with the Wasband*, p. 101

LISTEN · IN AMAL LANA'S WORDS

"Not all water is alive. Some of it is holding its breath."

Passage Five, p. 89

PRACTICE · INSPIRED BY THIS PASSAGE

Find your living water

Once this week, go to water that moves on its own: a creek, a spring, rain, the ocean. Stay ten minutes. Ask yourself where in your life you have kept things too still.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Jun 12 – Jun 18
Listen	Amal Lana's words	Jun 19 – Jun 25
Practice	A water practice	Jun 26 – Jul 2
Reflect	A question for you	Jul 3 – Jul 9

REFLECT

Where in your life are you accepting the appearance of peace instead of the real thing?

Passage Five, p. 102

REFLECT

What have you sterilized in yourself just to be accepted ~ and what would it feel like to let it flow again?

Passage Five, p. 102

THE 5TH WATER · SUMMER · JUL 10 – AUG 6

The Time of the

Well

A time to receive.

Deep summer

ARRIVE · WATER TEACHES

Healing doesn't arrive in floods. It comes one sacred sip at a time ~ in the small, quiet moments when we finally allow ourselves to receive. You don't need to explain your thirst. You only need to open your hands.

Passage Nine, *Sacred Sips*, p. 159

LISTEN · IN AMAL LANA'S WORDS

"Drink slowly. This water remembers."

Passage Nine, p. 145

PRACTICE · INSPIRED BY THIS PASSAGE

One sacred sip

Before you drink water today, pause. Hold the glass with both hands. Take one slow sip and let it be a receiving rather than a task.

YOUR FOUR WEEKS

○	**Arrive**	The Water Teaches	Jul 10 – Jul 16
○	**Listen**	Amal Lana's words	Jul 17 – Jul 23
○	**Practice**	A water practice	Jul 24 – Jul 30
○	**Reflect**	A question for you	Jul 31 – Aug 6

REFLECT

What is life trying to offer you right now that you keep rushing past?

Passage Nine, p. 159

REFLECT

Where have you forgotten what it feels like to truly receive ~ one sacred sip at a time?

Passage Nine, p. 159

THE 6TH WATER · SUMMER · AUG 7 – SEP 3

The Time of

Rain

A time to become.

The monsoon

ARRIVE · WATER TEACHES

Transformation doesn't always arrive as lightning. Sometimes it comes as mist ~ gentle, quiet, and undeniable. And sometimes the bravest thing is not the leap but the staying ~ lingering in the current long enough to become something new.

Passage Eight, *Becoming Water*, p. 143

LISTEN · IN AMAL LANA'S WORDS

"She didn't just enter the water. She became it."

Passage Eight, p. 134

PRACTICE · A SUGGESTION

This passage has no practice of its own. Choose one of the eight small practices at the back of this journal, or simply spend ten quiet minutes with water this week.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Aug 7 – Aug 13
Listen	Amal Lana's words	Aug 14 – Aug 20
Practice	A water practice	Aug 21 – Aug 27
Reflect	A question for you	Aug 28 – Sep 3

REFLECT

Where in your life are you still resisting ~ still panicking, still sinking faster because of the fight?

Passage Eight, p. 144

REFLECT

What would it feel like to stop, find something solid to hold, and let yourself rise?

Passage Eight, p. 144

THE 7TH WATER · AUTUMN · SEP 4 – OCT 1

The Time of

Gathering

A time to build.

The autumn equinox

ARRIVE · WATER TEACHES

We are eternal souls wearing temporary bodies ~ and water is the element that helps us remember what we truly are. And sometimes the most healing thing we can do is build a place where others can remember it too.

Passage Eleven, *What the Water Made Me*, p. 187

LISTEN · IN AMAL LANA'S WORDS

"You cannot hold water. You can only become it."

Passage Eleven, p. 174

PRACTICE · A SUGGESTION

This passage has no practice of its own. Choose one of the eight small practices at the back of this journal, or simply spend ten quiet minutes with water this week.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Sep 4 – Sep 10
Listen	Amal Lana's words	Sep 11 – Sep 17
Practice	A water practice	Sep 18 – Sep 24
Reflect	A question for you	Sep 25 – Oct 1

REFLECT

Where in your life have you been so focused on surviving that you forgot you were also a soul?

Passage Eleven, p. 188

REFLECT

And who in your life has been quietly holding something for you ~ waiting for you to come back and build it?

Passage Eleven, p. 188

THE 8TH WATER · AUTUMN · OCT 2 – OCT 29

The Time of

Release

A time to let go.

Leaves on the water

ARRIVE · WATER TEACHES

Loss is not an ending ~ it is a summons. What is taken from us often reveals what we were never meant to carry. And what we plant with love always finds us when we need it most.

Passage Three, *What Was Never Mine*, p. 74

LISTEN · IN AMAL LANA'S WORDS

"Some losses break you open so light can finally reach the places that were never allowed to breathe."

Passage Three, p. 50

PRACTICE · A SUGGESTION

This passage has no practice of its own. Choose one of the eight small practices at the back of this journal, or simply spend ten quiet minutes with water this week.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Oct 2 – Oct 8
Listen	Amal Lana's words	Oct 9 – Oct 15
Practice	A water practice	Oct 16 – Oct 22
Reflect	A question for you	Oct 23 – Oct 29

REFLECT

What have you lost that was actually making room for something truer?

Passage Three, p. 74

REFLECT

And what have you planted ~ in love, in faith, in hope ~ that might be waiting right now to lead you home?

Passage Three, p. 74

THE 9TH WATER · AUTUMN · OCT 30 – NOV 26

The Time of

Remembering

A time to stay.

First frost

ARRIVE · WATER TEACHES

Presence is the most powerful medicine. Sometimes the most healing thing we can offer is simply to stay ~ to hold the threshold, witness the crossing, and let the silence say what words cannot.

Passage Twelve, *The Edge of Silence*, p. 200

LISTEN · IN AMAL LANA'S WORDS

"When you don't know what to offer ~ offer presence."

Passage Twelve, p. 189

PRACTICE · INSPIRED BY THIS PASSAGE

Stay beside someone

Sit near water with someone who is struggling. Don't fix, advise or fill the silence. Simply stay for ten minutes, and let the water do the talking.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Oct 30 – Nov 5
Listen	Amal Lana's words	Nov 6 – Nov 12
Practice	A water practice	Nov 13 – Nov 19
Reflect	A question for you	Nov 20 – Nov 26

REFLECT

Where in your life is someone or something asking not to be fixed ~ but simply to be witnessed?

Passage Twelve, p. 201

REFLECT

What would it mean to offer your full presence ~ without agenda, without fixing ~ just staying?

Passage Twelve, p. 201

THE 10TH WATER · WINTER · NOV 27 – DEC 24

The Time of

Washing

A time to return to what is sacred.

The winter solstice

ARRIVE · WATER TEACHES

What is sacred cannot be shamed out of us. It can be hidden, buried, silenced ~ but water remembers what we were taught before the world told us to forget.

Passage Four, *Performing Wudu*, p. 88

LISTEN · IN AMAL LANA'S WORDS

"Water touched us before we ever touched God."

Passage Four, p. 75

PRACTICE · INSPIRED BY THIS PASSAGE

A ritual before what matters

Before a hard conversation, a prayer or a new beginning, wash your hands and face slowly, the way Amal Lana's father did before prayer. No words are needed. Let the water mark the moment as sacred.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Nov 27 – Dec 3
Listen	Amal Lana's words	Dec 4 – Dec 10
Practice	A water practice	Dec 11 – Dec 17
Reflect	A question for you	Dec 18 – Dec 24

REFLECT

What did you know was sacred ~ before someone taught you to hide it?

Passage Four, p. 88

REFLECT

What would it feel like to perform that ritual again, quietly, with no one watching?

Passage Four, p. 88

THE 11TH WATER · WINTER · DEC 25 – JAN 21

The Time of

Floating

A time to rest.

The year turns

ARRIVE · WATER TEACHES

Rest is not laziness ~ it is the most radical act of trust. You do nothing. And yet you are held. And sometimes the most healing thing you can do is simply arrive ~ exactly as you are ~ and let the water say yes before you've explained yourself.

Passage Ten, *Floating Still*, p. 172

LISTEN · IN AMAL LANA'S WORDS

"There is a moment when the water doesn't ask you to swim. It only asks you to rest."

Passage Ten, p. 160

PRACTICE · INSPIRED BY THIS PASSAGE

Let yourself be held

In warm water, float with support: a pool noodle, a rolled towel behind your head in the bath, or the hands of someone you trust. Do nothing for five minutes. The rest is the practice.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Dec 25 – Dec 31
Listen	Amal Lana's words	Jan 1 – Jan 7
Practice	A water practice	Jan 8 – Jan 14
Reflect	A question for you	Jan 15 – Jan 21

REFLECT

Where in your life do you believe you must keep moving to be worthy?

Passage Ten, p. 172

REFLECT

What would happen if you stopped ~ just for a moment ~ stripped away everything you've been hiding behind ~ and let yourself simply float?

Passage Ten, p. 172

THE 12TH WATER · WINTER · JAN 22 – FEB 18

The Time of the

Warm Spring

A time to be held.

The springs steam in the cold

ARRIVE · WATER TEACHES

Safety is not something we find outside ourselves ~ it is something we remember inside ourselves, often in the moment we finally stop trying to hold everything together and let something larger hold us instead.

Passage Six, *Floating to Safety*, p. 120

LISTEN · IN AMAL LANA'S WORDS

"I didn't know that safety could be found on the side of a mountain."

Passage Six, p. 103

PRACTICE · A SUGGESTION

This passage has no practice of its own. Choose one of the eight small practices at the back of this journal, or simply spend ten quiet minutes with water this week.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Jan 22 – Jan 28
Listen	Amal Lana's words	Jan 29 – Feb 4
Practice	A water practice	Feb 5 – Feb 11
Reflect	A question for you	Feb 12 – Feb 18

REFLECT

When did you last feel truly held ~ not managed, not maintained, but held ~ by a person, a place, or something greater than yourself?

Passage Six, p. 120

REFLECT

What would it take to let yourself be held like that again?

Passage Six, p. 120

THE 13TH WATER · WINTER · FEB 19 – MAR 18

The Time of the

Turning Tide

A time to surrender.

Late winter

ARRIVE · WATER TEACHES

Surrender is not the end ~ it is the beginning of the journey you were always meant to take. Every time you have opened your hands and released what you were clinging to, something was already waiting on the other side. The water has always known this. Now ~ so do you.

Passage Thirteen, *The Turning Tide*, p. 211

LISTEN · IN AMAL LANA'S WORDS

"Surrender is not the end of the journey ~ it is the beginning of the one you were always meant to take."

Passage Thirteen, p. 202

PRACTICE · INSPIRED BY THIS PASSAGE

Open your hands

Name one thing you are still gripping. Say it aloud, or whisper it to a leaf and set the leaf on moving water. Then open your hands and watch it go.

YOUR FOUR WEEKS

Arrive	The Water Teaches	Feb 19 – Feb 25
Listen	Amal Lana's words	Feb 26 – Mar 4
Practice	A water practice	Mar 5 – Mar 11
Reflect	A question for you	Mar 12 – Mar 18

REFLECT

What is the current asking you to release right now ~ the thing you are still gripping, still fighting, still refusing to let the tide take?

Passage Thirteen, p. 211

REFLECT

What would become possible if you opened your hands one more time?

Passage Thirteen, p. 211

MARCH 19

Still Water

A day when nothing is asked.

The year rests for a day before the Time of Thaw begins again. This page is left open, the way the day is.



EIGHT SMALL WATER PRACTICES, INSPIRED BY THE BOOK

Ten minutes or less

A bath counts. So does a glass of water, a creek, or a warm spring.

Let go of the wall

In a bath, a shallow pool or a warm spring, rest one hand on the edge and breathe. When you feel ready, lift your hand and let the water hold you for three slow breaths. Notice what was holding you all along.

Inspired by Passage One, *The Fear That Opened the Way* · good in warm water

Find your living water

Once this week, go to water that moves on its own: a creek, a spring, rain, the ocean. Stay ten minutes. Ask yourself where in your life you have kept things too still.

Inspired by Passage Five, *Conversations with the Wasband* · good in warm water

Let yourself be held

In warm water, float with support: a pool noodle, a rolled towel behind your head in the bath, or the hands of someone you trust. Do nothing for five minutes. The rest is the practice.

Inspired by Passage Ten, *Floating Still* · good in warm water

A letter to someone you've lost

Write a few lines to someone you have lost. Read them aloud near water: a lake, a creek, even a bath. Let the water hold what words cannot.

Inspired by Passage Twelve, *The Edge of Silence*

A ritual before what matters

Before a hard conversation, a prayer or a new beginning, wash your hands and face slowly, the way Amal Lana's father did before prayer. No words are needed. Let the water mark the moment as sacred.

Inspired by Passage Four, *Performing Wudu*

One sacred sip

Before you drink water today, pause. Hold the glass with both hands. Take one slow sip and let it be a receiving rather than a task.

Inspired by Passage Nine, *Sacred Sips*

Stay beside someone

Sit near water with someone who is struggling. Don't fix, advise or fill the silence. Simply stay for ten minutes, and let the water do the talking.

Inspired by Passage Twelve, *The Edge of Silence*

Open your hands

Name one thing you are still gripping. Say it aloud, or whisper it to a leaf and set the leaf on moving water. Then open your hands and watch it go.

Inspired by Passage Thirteen, *The Turning Tide* · good in warm water

Go gently in water. Never float alone, and if you have a health condition or are pregnant, check with your doctor before warm-water practices.



KEEP WALKING THE WATER

The Deep Current

Amal Lana's free weekly letter follows the Water Year: each week's passage, practice or question, in your inbox.

thewellbeingofwater.com/letter

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The Well Being of Water: Surrender to Self, the book behind this journal, is in paperback and on Kindle.
Free guides, cards to send and the Water Year:
thewellbeingofwater.com

Made of Water. Filled with Hope.

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